

Kathryn M. Ross, Ph.D. M.P.H., FSBM, FTOS
CURRICULUM VITAE

CURRENT POSITION

Senior Research Scientist
Advocate Aurora Research Institute
Advocate Health
Milwaukee, WI 53204

Associate Professor
Department of Social Sciences and Health Policy
Division of Public Health Sciences
Wake Forest University School of Medicine
Winston Salem, NC

CONTACT INFORMATION

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Advocate Health
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EDUCATION

Post-doctoral Fellowship 2013-2015	Alpert Medical School of Brown University Providence, RI NIH F32 NRSA (NIDDK), Cardiovascular Behavioral Medicine, Obesity, and Cost-Effectiveness Research
Clinical Internship 2012-2013	Alpert Medical School of Brown University Providence, RI Obesity Clinical Research Track
Ph.D., Clinical Psychology 2013	University of Florida Gainesville, FL Specialization in Clinical Health Psychology
M.P.H., Biostatistics 2012	University of Florida Gainesville, FL
M.S., Clinical Psychology 2009	University of Florida Gainesville, FL
B.S., Psychology (Honors) 2006	Virginia Commonwealth University Richmond, VA

RESEARCH FOCUS

Obesity treatment and prevention; digital health and mHealth interventions; cancer prevention; population health; precision medicine and precision public health; long-term maintenance of health behavior change; health disparities and health equity; social determinants of health

RESEARCH METHODS

Randomized clinical trials; analysis of intensive longitudinal data; predictive algorithm development; wearables and self-monitoring technologies; ecological momentary assessment; adaptive intervention designs; machine learning; artificial intelligence; cost-effectiveness; dissemination and implementation

PROFESSIONAL LICENSE

2016-present	Clinical Psychologist Florida, PY9567
2014-2016	Clinical Psychologist Rhode Island, PS01461

ACADEMIC APPOINTMENTS

2025-present	Senior Research Scientist Advocate Aurora Research Institute Advocate Health
2025-present	Associate Professor Department of Social Sciences and Health Policy Division of Public Health Sciences Wake Forest University School of Medicine
2025-present	Courtesy Associate Professor Department of Clinical & Health Psychology College of Public Health & Health Professions University of Florida
2022-2025	Associate Chair for Research Department of Clinical & Health Psychology College of Public Health & Health Professions University of Florida
2021-2025	Associate Professor (Tenured) Department of Clinical & Health Psychology (primary) & Social and Behavioral Sciences (secondary) College of Public Health & Health Professions University of Florida
2016-2021	Assistant Professor Department of Clinical & Health Psychology (primary) & Social and Behavioral Sciences (secondary) College of Public Health & Health Professions University of Florida

2015-2016

Instructor (Research)

Department of Psychiatry and Human Behavior
Warren Alpert Medical School
Brown University

HONORS AND AWARDS

- 2025 Recognized as a Fellow of The Obesity Society
- 2024 Recognized as a Fellow of the Society of Behavioral Medicine
- 2024 Recognized for “Excellence in Teaching” based on course evaluations, College of Public Health and Health Professions, University of Florida
- 2023 Dean’s Citation Paper Award, College of Public Health and Health Professions, University of Florida
- 2023 Leading the Narrative Award, Society of Behavioral Medicine
- 2023 Fellow, Leadership Institute, Society of Behavioral Medicine
- 2023 Recognized for “Excellence in Teaching” based on course evaluations, College of Public Health and Health Professions, University of Florida
- 2022 Faculty Enhancement Opportunity Award, University of Florida
- 2021 Outstanding Alumni Award, College of Public Health and Health Professions, University of Florida
- 2019 Excellence Award for Assistant Professors, University of Florida
- 2019 Travel Scholarship, Mathematical Sciences in Obesity Research Short Course, Baltimore, MD
- 2019 Dean’s Citation Paper Award, College of Public Health and Health Professions, University of Florida
- 2017 First Place, The Obesity Society Early Career Lightning Talk Competition, at Obesity Week 2017 (joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery)
- 2016 NIH Loan Repayment Program, NIDDK, awarded 2016-2018
- 2015 The Obesity Society Early Career Young Professionals Travel Grant
- 2015 Fellow, NIH OBSSR / NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions
- 2014 NIH Loan Repayment Program, NIDDK, awarded 2014-2016
- 2013 NIH Ruth L. Kirschstein Award (F32), NIDDK, awarded 2014-2016
- 2012 Inducted into Delta Omega, honorary society for Public Health, UF
- 2011 *Nathan W. Perry Memorial Scientist-Practitioner Award* for outstanding integration of scientific method and scholarship with clinical work; Department

of Clinical & Health Psychology, University of Florida

- 2011 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Biostatistics Public Health Fellowship, Health Resources and Services Administration, US Department of Health and Human Services
- 2009 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Research Travel Award, Graduate Student Council, University of Florida
- 2008 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2008 Research Travel Award, Graduate Student Council, University of Florida

GRANT FUNDING

Active

University of Virginia Cancer Center Krukowski, RA & Ross, KM (MPI) 06/01/2025 – 05/31/2026

Examining Valence-based Effects in Self-monitoring Feedback Messages, in the Development of a Novel Semi-automated Self-monitoring Feedback System for Obesity Treatment

This Cancer Prevention and Population Health (CPH) Research Program Pilot Project aims to investigate the impact of carryover effects in a micro-randomized factorial trial design aimed at supporting broader development of a novel semi-automated self-monitoring feedback system.

Role: Multiple Principal Investigator

Amount: \$49,424

NIH R01DK099334 Cohen, RA / Porges, ES (PI) 03/01/2024 – 12/31/2028

WISE II - Obesity and Type-2 Diabetes: Bariatric Surgery Effects on Brain Function

This project involves a retrospective analysis of an existing bariatric surgery cohort to examine long-term (>36 months) cognitive and brain outcomes following bariatric surgery in severely obese adults. A prospective study will also be conducted to understand the role of the vagus in cognitive and brain outcomes through two manipulations in the context of bariatric surgery (vagotomy and transcutaneous vagus nerve stimulation).

Role: Co-Investigator

Amount: \$3,170,671

NIH R01DK134409 McVay, MA (PI) 09/01/2023 – 08/31/2028

Increasing Initiation of Evidence-Based Weight Loss Treatment

The primary aim of this study is to investigate whether a brief, single-session online intervention can increase initiation of evidence-based behavioral weight loss treatments among non-treatment seeking adults with obesity.

Role: Co-Investigator

Amount: \$3,078,977

Completed

UF PHHP Ross, KM (PI) 04/01/2024 – 03/31/2025

Optimizing Self-Monitoring Feedback for the Treatment of Obesity

This UF PPHP Faculty Research Innovation Fund (RIF) grant will support the development of a novel, artificial intelligence (AI) based system for delivering effective self-monitoring feedback in the context of behavioral treatment of obesity.

Role: Principal Investigator

Amount: \$24,960

NIH R01DK119244

Ross, KM (PI)

07/01/2019 – 03/31/2025

Evaluation of an Adaptive Intervention for Weight Loss Maintenance

This project will evaluate a novel method of providing phone-based extended care intervention, adaptive to participant needs, in order to promote long-term weight loss maintenance.

Role: Principal Investigator

Amount: \$2,996,032

Florida Department of Health

Hong, YR (PI)

04/01/2024 – 02/15/2025

Understanding the Impact of Obesogenic Environments on the Incidence of Colorectal Cancer

This Bankhead-Coley Cancer Research Program (24B10) award aims to identify the key environmental factors contributing to obesity, to investigate how these factors are associated with the incidence of colorectal cancer (CRC), and model how community-based programs may be able to modify CRC burden.

Role: Co-Investigator

Amount: \$294,943

PHHP000142518

Hong, YR (PI)

07/01/2023 – 06/30/2024

Validation of BMI Diagnoses and Longitudinal BMI Trajectories in EHR Database for Populations with Bariatric Surgery

This PPHP Faculty Research Enhancement Program grant will support the development of a large, racially and ethnically diverse bariatric surgery patient cohort database to investigate mechanisms by which bariatric surgery impacts cancer risk and other gastrointestinal and digestive disease outcomes.

Role: Co-Investigator

Amount: \$25,000

NIH F31MD017934

Scotti, K (PI)

07/22/2022 – 06/30/2024

Understanding Social Undermining of Weight Management Behaviors in Young Adult African American Women

This study will characterize the experience of and response to social undermining among African American young women, including associations with dietary and physical activity lapses, using a mixed-method approach combining ecological momentary assessment methods with individual qualitative interviews.

Role: Co-Sponsor/Co-Mentor

Amount: \$92,585

UFCTSI UL1TR001427

Renn, TR (Pilot Project PI)

07/01/2021 – 01/31/2023

FLEX -- Holistic Physical Activity Interventions for Justice-Involved Young Women of Color

This project will assess the feasibility, acceptability, and proof-of-concept of motivational fitness coaching and holistic navigation among young justice-involved women of color who are releasing from prison into the community.

Role: Co-Investigator

Amount: \$25,000

NIH R03HL154272

McVay, MA (PI)

08/15/2020 – 01/31/2023

Preventing Weight Gain Among Those who Decline Behavioral Weight Loss Treatment

This project will evaluate the feasibility and acceptability of a low-burden intervention to prevent weight gain among adults with obesity or overweight with a weight-related comorbidity who have declined to participate in a comprehensive weight loss program.

Role: Co-Investigator

Amount: \$152,500

NIH F31AG063412

Rotblatt, LJ (PI)

08/15/2019 – 08/14/2021

Cognitive Aging Trajectories: Cardiovascular Risk, White Matter, and Education Predictors

This project will examine the associations between cardiovascular risk, brain-based measures of vascular neuropathology, and trajectories of change across four cognitive domains.

Role: Co-Mentor

Amount: \$79,190

NIH R18HL112720

Perri, MG (PI)

08/15/2013 – 04/30/2020

Rural Lifestyle Eating and Activity Program (Rural LEAP)

This trial will test the effects of two telehealth interventions for the management of obesity in rural settings.

Role: Co-Investigator

Amount: \$3,724,808

NIH R21DK109205

Ross, KM (PI)

09/15/2016 – 08/31/2019

Identification and Prediction of High-Risk Periods for Regain After Weight Loss

This project used innovative statistical techniques to analyze a complex longitudinal dataset, collected during a behavioral lifestyle intervention, to identify and predict high-risk times for weight regain following weight loss.

Role: Principal Investigator

Amount: \$336,438

NIH F32DK100069

Ross, KM (PI)

08/05/2013 – 07/31/2015

Impact of Self-Monitoring Technology and Interventionist Contact on Weight Loss

This pilot study examined the impact of newer self-monitoring technology, with and without interventionist contact, on weight loss in adults with overweight and obesity.

Role: Principal Investigator

Amount: \$151,218

PUBLICATIONS

Peer-Reviewed

Previous name: Middleton, K. R.

* *Designates Student/Postdoc Mentee*

1. *Scotti, K. B., **Ross, K. M.**, Baskin, M. L., Jake-Schoffman, D. E., Deceus, D., O'Neal, L. J., McVay, M. A. (in press). Social undermining of weight management behaviors among young adult African American women: An ecological momentary assessment and mixed-method study. *Annals of Behavioral Medicine*.
2. Hayes, J. F., **Ross, K. M.**, Pellegrini, C., Wing, R. R., Webster, J., Derrick, A., Tobin, S.Y., & Unick, J. L. (in press). Brief coaching intervention to reverse weight regain during weight loss maintenance: A preliminary randomized controlled trial. *Journal of Behavioral Medicine*.
3. Oswald, M., Shahbazian, A., **Ross, K. M.**, You, W., & Krukowski, R. A. (in press). An exploratory analysis of patterns of weight change in a post-cessation weight management trial. *Nicotine & Tobacco Research*.
4. **Ross, K. M.**, *Arroyo, K. M., & McVay, M. (2025). Information seeking by participants enrolled in randomized clinical trials of behavioral interventions. *Contemporary Clinical Trials Communications*, 26, 101505. <https://doi.org/10.1016/j.conctc.2025.101505>
5. Radcliff, T. A., Côté, M. J., Shankar, M. N., Durning, P. E., **Ross, K. M.**, Janicke, D. M., Befort, C. A., Curran, L. S., & Perri, M. G. (2025). Cost-effectiveness of the Rural Lifestyle Eating and Activity Program (Rural LEAP). *PLOS One*, 20(7), e0326383. <https://doi.org/10.1371/journal.pone.0326383>
6. **Ross, K. M.**, *Worwag, K. E., *Swanson, T. N., *Shetty, A., *Barrett, K. L. (2025). Health disparities in obesity treatment outcomes, access, and utilization. *Current Obesity Reports*, 14, 47. <https://doi.org/10.1007/s13679-025-00639-7>

7. McVay, M. A., Moore, W. S., Deceus, D., Townsend, S. B., Rosenberg, E. I., Muenyi, S., Lou, X., Webb, F. J., Diaz, L.D., Shankar, M. N., Ruiz, J., Voils, C. I., **Ross K. M.** (2025). A brief online tool to increase behavioral weight loss treatment initiation: Protocol for a cluster randomized trial. *Contemporary Clinical Trials*, 154, 107948. <https://doi.org/10.1016/j.cct.2025.107948>
8. *Swanson, T. N., *Bauman, V., & **Ross, K. M.** (in press). Associations between chronotype, weight loss, and adherence to caloric intake and physical activity goals during a behavioral weight loss intervention. *Journal of Behavioral Medicine*. <https://doi.org/10.1007/s10865-025-00573-y>
9. *Shetty, A., **Ross, K. M.** (2025). Associations between body mass index, body image satisfaction, and self-weighing during a behavioral weight loss program. *Obesity Science and Practice*, 11(3), e70074. PMCID: PMC12048905. <https://doi.org/10.1002/osp4.70074>
10. **Ross, K. M.**, *Swanson, T. N., *Arroyo, K. M., *Shetty, A., Shankar, M. N., & Krukowski, R. A. (2025). Within-week and within-year patterns in self-monitoring of dietary intake in adults with obesity participating in a behavioral weight loss program. *Health Psychology and Behavioral Medicine*, 13(1), 2485476. PMCID: PMC11966970. <https://doi.org/10.1080/21642850.2025.2485476>
11. *Amofa-Ho, P. A., *Fiala, J. A., Levy, S. A., **Ross, K. M.**, Walker, A. F., Smith, G. E. (2025). Interrelationships of social determinants with cognition, vascular health, and physical functioning. *Alzheimer's & Dementia: Behavior & Socioeconomics of Aging*, 1(2), e70013. <https://doi.org/10.1002/bsa3.70013>
12. *Hanvey, G. A., Johnson, H., Cartagena, G., Dede, D. E., Krieger, J. L., **Ross, K. M.**, & Pereira, D. B. (2025). The role of social, economic, and medical marginalization in cancer clinical trial participation inequities: A systematic review. *Journal of Clinical and Translational Science*, 9, e25. PMCID: PMC11883616 <https://doi.org/10.1017/cts.2024.677>
13. **Ross, K. M.**, Shankar, M. N., Qiu, P., Tian, Z., *Swanson, T. N., *Shetty, A., Ruiz, J., Anthony, L., & Perri, M.G. (2024). Design of Project STAR: A randomized controlled trial evaluating the impact of an adaptive intervention on long-term weight loss maintenance. *Contemporary Clinical Trials*, 146, 107707. PMCID: PMC11566105. <https://doi.org/10.1016/j.cct.2024.107707>
14. Hong, Y-R., Wang, R., Case, S., Jo, A., Turner, K., & **Ross, K. M.** (2024). Association of food insecurity with overall and disease-specific mortality among cancer survivors in the U.S. *Supportive Care in Cancer*, 32, 309. PMCID: PMCID in Process. <https://doi.org/10.1007/s00520-024-08495-2>
15. *Chen, Y-P., Woodward, J., Shankar, M. N., Bista, D., *Ugwoaba, U., *Brockmann, A., **Ross, K. M.**, Ruiz, J., & Anthony, L. (2024). MyTrack+: Human-centered design of an mHealth app to support long-term weight loss maintenance. *Frontiers in Digital Health*, 6, 1334058. PMCID: [PMC11070543](https://doi.org/10.3389/fdgth.2024.1334058). <https://doi.org/10.3389/fdgth.2024.1334058>
16. *Bauman, V., *Swanson, T. N., *Eastman, A. J., **Ross, K. M.**, & Perri, M. G. (2024). Perceptions of an acceptance-based weight-management treatment among adults living in rural areas. *Clinical Obesity*, 14, e12662. <https://doi.org/10.1111/cob.12662>
17. *Chen, Y-P. Woodward, J., Bista, D., Zhang, X., Singh, I., Obajemu, O., Shankar, M. N., **Ross, K. M.**, Ruiz, J., Anthony, L. (2024). Investigating contextual notifications to drive self-monitoring in mHealth apps for weight maintenance. *Proceedings of the 2024 CHI Conference on Human Factors in Computing Systems (CHI '24)*, article 993. <https://doi.org/10.1145/3613904.3641993>
18. McVay, M. A., Carrera Seoane, M., Rajoria, M., Dye, M., Marshall, N., Muenyi, S., Alkanderi, A., Scotti, K. B., Ruiz, J., Voils, C. I., & **Ross, K. M.** (2024). A low-burden, self-weighing intervention to prevent weight

gain in adults with obesity who decline behavioral treatment. *Obesity Science & Practice*, 10(2), e745. PMCID: [PMC10951869](https://doi.org/10.1002/osp4.745). <https://doi.org/10.1002/osp4.745>

19. *Scotti, K. B., Rajoria, M., Carrera Seoane, M., **Ross, K. M.**, Muenyi, S., & McVay, M. A. (2024). Exploring potential reach and representativeness of a self-weighing weight gain prevention intervention in adults with overweight and obesity. *Clinical Obesity*, 14(3), e12641. PMCID: [PMC11090748](https://doi.org/10.1111/cob.12641). <http://doi.org/10.1111/cob.12641>
20. *Arroyo, K. M., *Carpenter, C. A., Krukowski, R. A., & **Ross, K. M.** (2024). Identification of minimum thresholds for dietary self-monitoring to promote weight-loss maintenance. *Obesity*, 32(4), 655-659. *Selected as an Editor's Choice article for the April 2024 issue. PMCID: [PMC10972539](https://doi.org/10.1002/oby.23994). <https://doi.org/10.1002/oby.23994>
21. Krukowski, R. A., **Ross, K. M.**, Western, M. J., Cooper, R., Busse, H., Forbes, C. Kuntsche, E., Allmeta, A., Macedo Silva, A., John-Akinola, Y. O., König, L. M. (2024). Digital health interventions for all? Examining inclusivity across all stages of the digital health intervention research process. *Trials*, 25, 98. PMCID: [PMC10826214](https://doi.org/10.1186/s13063-024-07937-w). <https://doi.org/10.1186/s13063-024-07937-w>
22. *Arroyo, K. M., & **Ross, K.M.** (2024). Characterizing individual variability in associations between self-monitoring and weight change during and after a behavioral weight management program. *Obesity Science & Practice*, 10, e699. PMCID: [PMC10804320](https://doi.org/10.1002/osp4.699). <https://doi.org/10.1002/osp4.699>
23. **Ross, K. M.**, You, L., Qiu, P., Shankar, M. N., *Swanson, T. N., Ruiz, J., Anthony, L., & Perri, M. G. (2024). Predicting high-risk periods for weight regain following initial weight loss. *Obesity*, 32, 41-49. PMCID: [PMC10872625](https://doi.org/10.1002/oby.23923) <https://doi.org/10.1002/oby.23923>
24. König, L. M., Krukowski, R. A., Kuntsche, E., Busse, H., Gumbert, L., Gemesi, K., Neter, E., Mohamed, N. F., **Ross, K. M.**, John-Akinola, Y. O., Cooper, R., Allmeta, A., Macedo Silva, A., Forbes, C. C., & Western, M. J. (2023). Reducing intervention- and research-induced inequalities to tackle the digital divide in health promotion. *International Journal for Equity in Health*, 22, 249. PMCID: [PMC10696856](https://doi.org/10.1186/s12939-023-02055-6). <https://doi.org/10.1186/s12939-023-02055-6>
25. *Ugwoaba, U. A., *Carpenter, C. A., *Arroyo, K. M., *Scarlett, C. A., & **Ross, K. M.** (2023). Hunger, temptation, and dietary adherence during weight management. *Eating Behaviors*, 50, 101754. PMCID: [PMC10690492](https://doi.org/10.1016/j.eatbeh.2023.101754). <https://doi.org/10.1016/j.eatbeh.2023.101754>
26. Oswald, M., **Ross, K. M.**, Sun, N., Yin, W., Garcia, S. J., Bursac, Z., Krukowski, R. A. (2023). Importance of self-weighing to avoid post-cessation weight gain: A secondary analysis of the Fit & Quit randomized trial. *Obesity Science & Practice*, 9(4), 416-423. PMCID: [PMC10399538](https://doi.org/10.1002/osp4.668) <https://doi.org/10.1002/osp4.668>
27. Befort, C. A., **Ross, K. M.**, Janicke, D. M., & Perri, M. G. (2022). Parents of minor children lose less weight during a behavioral weight intervention: Findings from the Rural LEAP Trial. *Obesity Science & Practice*, 8(6), 728-734. PMCID: [PMC9722455](https://doi.org/10.1002/osp4.604). <https://doi.org/10.1002/osp4.604>
28. *Dixon, B. N., Hong, Y. R., Perri, M. G., Allen, A., Aufmuth, J., & **Ross, K. M.** (2022). Access to food and physical activity environment resources in rural communities: Impact of using driving time versus physical distance indicators. *Journal of Transport & Health*, 27, 101521. PMCID: [PMC10655550](https://doi.org/10.1016/j.jth.2022.101521). <https://doi.org/10.1016/j.jth.2022.101521>
29. Hayes, J. F., Wing, R. R. Unick, J. L., & **Ross, K. M.** (2022). Behaviors and psychological states associated with transitions from regaining to losing weight. *Health Psychology*, 41, 938-945. PMCID: [PMC9793336](https://doi.org/10.1037/hea0001224) <https://doi.org/10.1037/hea0001224>

30. *Blair, S. A., *Brockmann, A. N., *Arroyo, K. M., *Carpenter, C. A., & **Ross, K. M.** (2022). Awareness, acceptability, and perceived effectiveness of text-based therapy among graduate students. *JMIR mHealth uHealth*, 10(7), e34102. PMCID: [PMC9305396](#). <http://dx.doi.org/10.2196/34102>
31. O'Neal, L. J., Perri, M. G., Befort, C., Janicke, D. M., Shankar, M. N., Bauman, V., Daniels, M. J., Dhara, K., & **Ross, K. M.** (2022). Differential impact of telehealth extended-care programs for weight maintenance in African American versus white adults. *Journal of Behavioral Medicine*, 45, 580-588. PMCID: [PMC9344470](#). <https://doi.org/10.1007/s10865-022-00291-9>
32. Hong, Y. R., Yadav, S., Suk, R., Lee, A. M., Newsome, F. A., Johnson-Mann, C. N., Cardel, M. I., & **Ross, K. M.** (2022). Assessment of physical activity and healthy eating behaviors among US adults receiving bariatric surgery. *JAMA Network Open*, 5, e2217380. PMCID: [PMC9204540](#). <https://doi.org/10.1001/jamanetworkopen.2022.17380>
33. *Carpenter, C. A., *Ugwoaba, U. A., Cardel, M. I., & **Ross, K. M.** (2022). Using self-monitoring technology for nutritional counseling and weight management. *Digital Health*, 8, 20552076221102774. PMCID: [PMC9158426](#). <https://doi.org/10.1177/20552076221102774>
34. Cardel, M. I., Newsome, F. A., Pearl, R. L., **Ross, K. M.**, Dillard, J. R., Miller, D. R., Hayes, J. F., Wilfley, D., Keel, P. K., Dhurandhar, E. J., & Balantekin, K. N. (2022). Patient-centered care for obesity: How healthcare providers can treat obesity while actively addressing weight stigma and eating disorder risk. *Journal of the Academy of Nutrition and Dietetics*, 6, 1089-1098. PMCID: [PMC10056599](#). <https://doi.org/10.1016/j.jand.2022.01.004>
35. **Ross, K. M.**, *Carpenter, C. A., *Arroyo, K. M., Shankar, M. N., Yi, F., Qiu, P., Anthony, L., Ruiz, J., & Perri, M. G. (2022). Impact of transition from face-to-face to telehealth on behavioral obesity treatment during the COVID-19 pandemic. *Obesity*, 30(4), 858-863. PMCID: [PMC8957501](#). <https://doi.org/10.1002/oby.23383>
36. *Carpenter, C. A., *Eastman, A. E., & **Ross, K. M.** (2022). Consistency with and disengagement from self-monitoring of weight, dietary intake, and physical activity in a technology-based weight loss program: An exploratory study. *JMIR Formative Research*, 6(2), e33603. PMCID: [PMC8900900](#). <https://doi.org/10.2196/33603>
37. **Ross, K. M.**, Hong, Y. R., Krukowski, R. A., Miller, D. R., Lemas, D. J., & Cardel, M. I. (2021). Acceptability of research and healthcare visits during the COVID-19 pandemic: A cross-sectional study. *JMIR Formative Research*, 5(6), e27185. PMCID: [PMC8174557](#). <https://doi.org/10.2196/27185>
38. *Bauman, V., *Apostolopoulos, A. N., Hasse, G., *Parkman, T. J., & **Ross, K.M.** (2021). Rural/urban weight-loss outcomes following bariatric surgery. *Obesity Science & Practice*, 7, 797-802. PMCID: [PMC8633927](#). <https://doi.org/10.1002/osp4.515>
39. Lillis, J., Dunsiger, S., Thomas, J. G., **Ross, K. M.**, & Wing, R.R. (2021). Novel behavioral interventions to improve long-term weight loss: A randomized trial of acceptance and commitment therapy and self-regulation for weight loss maintenance. *Journal of Behavioral Medicine*, 44, 527-540. <https://doi.org/10.1007/s10865-021-00215-z>
40. Woodward, J., Chen, Y. P., Jurczyk, K., **Ross, K. M.**, Anthony, L., & Ruiz, J. (2021). A survey of notification designs in commercial mHealth apps. *Proceedings of the 2021 ACM CHI Conference on Human Factors in Computing Systems (CHI'21)*, Article no. 232: 1-7. <https://doi.org/10.1145/3411763.3451639>
41. *Dixon, B. N., *Ugwoaba, U., *Brockmann, A., & **Ross, K. M.** (2021). Associations between the built environment and dietary intake, physical activity, and obesity: A scoping review of reviews. *Obesity Reviews*, 22(4), e13171. PMCID: [PMC8629168](#). <https://doi.org/10.1111/obr.13171>

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Invited Commentaries

1. **Ross, K. M.** (2025). You've got a friend in me: Using mentor and peer support to promote long-term weight-loss maintenance. *JAMA Internal Medicine*, 185(7), 776-777. <https://doi.org/10.1001/jamainternmed.2025.1356>
2. Cardel, M. I., Newsome, F. A., Pearl, R. L., **Ross, K. M.**, Dillard, J. R., Miller, D. R., Hayes, J. F., Wilfley, D., Keel, P. K., Dhurandhar, E. J., & Balantekin, K. N. (2023). In Response To: To truly reduce weight stigma and eating disorder risk, we need to stop promoting weight loss. *Journal of the Academy of Nutrition and Dietetics*, 123, 400-403. <https://doi.org/10.1016/j.jand.2022.09.017>

Preprints

1. Hong, Y-R., Revere, L., **Ross, K. M.**, Qiu, P., Prosperi C. F. M., George, T. J., Virnig, B. (2025). Trends and characteristics of early-onset colorectal cancer in the state of Florida, 2002-2021. SSRN. <http://dx.doi.org/10.2139/ssrn.5333396>
2. **Ross, K. M.**, Arroyo, K. M., & McVay M. (2025). Information seeking by participants enrolled in randomized clinical trials of behavioral interventions. SSRN. <http://dx.doi.org/10.2139/ssrn.5174727>
3. McVay, M. A., Moore, W. S., Deceus, D., Townsend, S., Rosenberg, E., Muenyi, S., Lou, X. Y., Webb, Fe., Diaz, L., Shankar, M. N., Ruiz, J., Voils, C., & **Ross, K. M.** (2024). A brief online tool to increase behavioral weight loss treatment initiation: Protocol for a cluster randomized trial. SSRN. <http://dx.doi.org/10.2139/ssrn.4989021>
4. Alexander, R. G., Alexander, K. E., Barchas-Lichtenstein, J., Finkelstein, S. R., Lee, S., Litchman, M. L., Nigg, C. R., **Ross, K. M.**, Starr, L. R., & Xu, X. (2020). Faulty evidence, specious logic, dangerous conclusions: Challenging gendered ideas of mentorship. *OSF Preprints*. <https://osf.io/zqtky/doi:10.31219/osf.io/zqtky>
5. *Chhabria, K., **Ross, K. M.**, Sacco, S., & Leahey, T. M. (2020). Development of a Supportive Accountability Measure in adults seeking obesity treatment. *JMIR Preprints*. <https://preprints.jmir.org/preprint/17967/submitted>

Book Chapters

Previous name: Middleton, K. R.

1. Wing, R. R., & **Middleton, K. R.** (2014). Changing behaviors – physical activity and weight control. In B.W. Stewart and C.P. Wild (Eds.) *World Cancer Report*. Lyon, France: International Agency for Research on Cancer, World Health Organization, pp. 384-398.
2. **Ross, K. M.**, & Perri, M. G. Adherence. (2011). In J.M. Rippe (Ed.) *Encyclopedia of Lifestyle Medicine and Health*. Thousand Oaks, CA: Sage.

Other (Non Peer-Reviewed) Publications

1. Feig, E., Millstein, R., McCurley, J., **Ross, K.**, Befort, C., Krukowski, R., Delahanty, L. (2021). Increase US health plan coverage of the National Diabetes Prevention Program for individuals with prediabetes. *Society of Behavioral Medicine Policy Position Statement (endorsed by the Association of Diabetes Care & Education Specialists, the American College of Lifestyle Medicine, and the Preventive Cardiovascular Nurses Association)*. https://www.sbm.org/UserFiles/image/DiabetesPrev-brief21_final.pdf
2. Buscemi, J., Wilson, D., Graham, A., Krukowski, R., **Ross, K.**, & Hayman, L. (2021). SBM urges Congress to take measures to support healthy weight status to prevent COVID-19 deaths. *Society of Behavioral Medicine Policy Position Statement (endorsed by the American Psychological Association, the International Society of Behavioral Nutrition and Physical Activity, The Obesity Society, the Preventive Cardiovascular Nurses Association, and the Society for Health Psychology)*. https://www.sbm.org/UserFiles/image/COVID-Obesity-brief21-v2_final.pdf
3. Krukowski, R., & **Ross, K. M.** (2019). Mid-career transitions: A discussion with obesity and eating Disorders researchers. *Society of Behavioral Medicine Outlook Newsletter, Winter 2019*. <https://www.sbm.org/publications/outlook/issues/winter-2019/mid-career-transitions-a-discussion-with-obesity-and-eating-disorders-researchers/full-article>
4. **Ross, K.**, Krukowski, R. (2019). The 7 components of a successful weight loss plan. *Society of Behavioral Medicine: Healthy Living*. <https://www.sbm.org/healthy-living/the-7-components-of-a-successful-weight-loss-plan>
5. **Ross, K.**, Krukowski, R., & James, D. (2018). mHealth insights from obesity and eating disorders researchers. *Society of Behavioral Medicine Outlook Newsletter, Winter 2018*. <https://www.sbm.org/publications/outlook/issues/winter-2018/mhealth-insights-from-obesity-and-eating-disorders-researchers/full-article>
6. **Ross, K. M.** Healthy Living: More people are using technology to monitor their own behaviors. *Providence Journal*. November 23, 2015.
7. **Ross, K. M.** Healthy Living: 10,000 who shed pounds share how they keep them off. *Providence Journal*. June 29, 2015.
8. **Ross, K. M.** Healthy Living: Tips to avoid holiday weight gain. *Providence Journal*. December 22, 2014.

PRESENTATIONS

Conference Presentations (Peer-Reviewed)

International

Previous name: Middleton, K. R.

* *Designates Student/Postdoc Mentee*

1. **Ross, K. M.** (2025). Bridging the divide: Demographic disparities in Outcomes from an Adaptive Weight Management Intervention. *Oral Presentation at the International Expert Workshop: Improving Research and Practice to Understand and Address the Digital Health Divide, August 5–6, Vienna, Austria*.
2. **Ross, K. M.**, Shankar, M. N., *Tian, Z., Qiu, P., Ruiz, J., Anthony, L., & Perri, M.G. (2025). Evaluation of an adaptive intervention for promoting long-term weight-loss maintenance. *Oral Presentation at the 18th International Congress of Behavioral Medicine, August 6–9, Vienna, Austria*.
3. **Ross, K. M.**, Ruiz, J., Shankar, M. N., Qiu, P., *Tian, Z., Wadhwani, A., Anthony, L. & Krukowski, R. A. (2025). Using a novel, micro-randomized factorial trial design to investigate the proximal impact of

feedback on self-monitoring of dietary intake and physical activity. *Oral Presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 11–14, Auckland, New Zealand.*

4. Krukowski, R. A., Markwalter, T., Paulikonis, K., & **Ross, K. M.** (2025). Exploring expert opinions on self-monitoring feedback content and frequency. *Poster presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 11–14, Auckland, New Zealand.*
5. **Ross, K. M.** (2023). Delivering behavioral weight management programs via telehealth: Could we unintentionally widen existing health disparities? *Oral Presentation at the International Expert Workshop: Understanding the Digital Divide in Health Promotion, June 20–23, Kulmbach, Germany.*
6. **Ross, K. M.**, You, L., Qiu, P. (2023). Predicting high-risk periods for weight regain after initial weight loss. *Oral Presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 14–17, Uppsala, Sweden.*
7. *Woodward, J., *Chen, Y. P., Jurczyk, K., **Ross, K. M.**, Anthony, L., & Ruiz, J. (2021). A survey of notification designs in commercial mHealth apps. *Poster presented at the 2021 ACM CHI Conference on Human Factors in Computing Systems (CHI'21), May 8–3, Yokohama, Japan (Virtual Meeting due to COVID-19).*
8. McVay, M. A., Bacon, J., Cheong, J., **Ross, K. M.**, & Donahue, M. (2019). Demographic and weight history characteristics associated with willingness to initiate weight management interventions. *Poster presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 4–7, Prague, Czech Republic.*

National

Previous name: Middleton, K. R.

* Designates Student/Mentee

1. **Ross, K. M.**, *Swanson, T. N., *Arroyo, K. M., *Shetty, A., Shankar, M. N., & Krukowski, R. A. (2025). Within-week and within-year patterns in self-monitoring of dietary intake in a behavioral weight loss program. *Annals of Behavioral Medicine*, 59, S497. *Paper presentation at the 2025 Society of Behavioral Medicine annual meeting, March 25-29, San Francisco, CA.*
2. *Arroyo, K. M., *Barrett, K. L., Shetty, A. R., *Worwag, K. E., Shankar, M. N., & **Ross, K. M.** (2025). Expert consensus on the delivery of psychological follow-up post-bariatric surgery: A Delphi study. *Annals of Behavioral Medicine*, 59, S579. *Poster presented at the 2025 Society of Behavioral Medicine annual meeting, March 25-29, San Francisco, CA.*
3. *Swanson, T. N., *Barrett, K. L., *Shetty, A., Shankar, M. N., & **Ross, K. M.** (2025). Understanding the impact of chronotype on behavioral weight loss interventions. *Annals of Behavioral Medicine*, 59, S660. *Poster presented at the 2025 Society of Behavioral Medicine annual meeting, March 25-29, San Francisco, CA.*
4. *Shetty, A., *Arroyo, K. M., *Swanson, T. N., *Barrett, K. L., *Worwag, K. E., Shankar, M. N., & **Ross, K. M.** (2025). Economic investment and weight loss in a behavioral weight management clinical trial. *Annals of Behavioral Medicine*, 59, S564. *Poster presented at the 2025 Society of Behavioral Medicine annual meeting, March 25-29, San Francisco, CA.*
5. *Worwag, K. E., *Swanson, T. N., *Barrett, K. L., *Shetty, A., *Arroyo, K. M., Shankar, M. N., & **Ross, K. M.** (2025). Food decision-making improves after a behavioral weight loss intervention. *Annals of Behavioral Medicine*, 59, S696. *Poster presented at the 2025 Society of Behavioral Medicine annual meeting, March 25-29, San Francisco, CA. ** Meritorious Abstract Award, Citation Abstract Award*

6. *Amofa-Ho, P. A., Fiala, J. A., Levy, S-A., Walker, A. F., **Ross, K. M.**, & Smith, G. (2024). Interrelationships of social determinants with cognition, vascular health, and physical functioning. *Poster presented at the Alzheimer's Association International Conference (AAIC), July 28 - August 1, 2024, Philadelphia, PA, USA.*
7. Hong Y. R., Wang, R., Case, S., Khan, M., Jo, A., Turner, K., & **Ross, K. M.** (2024). Associations of food insecurity with overall and disease-specific mortality among US cancer survivors. *Poster presented at the 2024 annual meeting of the American Society of Preventive Oncology, March 17-19, Chicago, IL.*
8. **Ross, K. M.** (2024). Navigating complexities in leadership: Cultivating community and fostering collaboration. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
9. *Ugwoaba, U. A., *Brockmann, A. N., *Arroyo, K. M., *Swanson, T. N., *Barrett, K. L., *Shetty, A. R., Shankar, M. N., & **Ross, K. M.** (2024). Development and validation of a meal planning questionnaire for adults engaged in behavioral weight loss treatment. *Annals of Behavioral Medicine*, 58, S202. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
10. *Arroyo, K. M., *Swanson, T. N., *Barrett, K. L., *Shetty, A. R., Shankar, M. N., & **Ross, K. M.** (2024). Patient and provider perspectives of psychological follow-up care post-bariatric surgery. *Annals of Behavioral Medicine*, 58, S546. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
11. *Swanson, T. N., *Arroyo, K. M., *Barrett, K. L., *Shetty, A. R., Shankar, M. N., & **Ross, K. M.** (2024). Associations between self-compassion and weight loss during a behavioral weight loss intervention. *Annals of Behavioral Medicine*, 58, S200. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
12. *Barrett, K. L., *Arroyo, K. M., *Ugwoaba, U. A., *Brockmann, A. N., *Swanson, T. N., *Shetty, A. R., Shankar, M. N., & **Ross, K. M.** (2024). Association between social support and outcomes of a behavioral weight management program. *Annals of Behavioral Medicine*, 58, S93. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
13. *Shetty, A. R., *Arroyo, K. M., *Swanson, T. N., *Barrett, K. L., Shankar, M. N., & **Ross, K. M.** (2024). Associations between body mass index, body image, and self-weighing during a behavioral weight loss program. *Annals of Behavioral Medicine*, 58, S199. *Poster presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
14. McVay, M., Rajoria, M., Carrera Seoane, M., Marshall, N., Alkanderi, A., Muenyi, S., & **Ross, K. M.** (2023). A pilot trial of a low-intensity daily self-weighing intervention. *Poster presented at the 2023 Obesity Week, the annual meeting of The Obesity Society, October 14-17, Dallas, TX.*
15. Krukowski, R., Oswald, M., **Ross, K. M.**, Garcia, S. J., Sun, N., Yin, W., & Bursac, Z. (2023). The importance of self-weighing to avoid post-cessation weight gain: A secondary analysis of the Fit & Quit Trial. *Annals of Behavioral Medicine*, 57, S405. *Paper presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
16. Shankar, M. N., *Ugwoaba, U. A., *Brockmann, A. N., *Arroyo, K. M., *Swanson, T. S., *Barrett, K. L., & **Ross, K. M.** (2023). Impact of COVID-19 pandemic and transition to remote recruitment methods in an ongoing weight management clinical trial. *Annals of Behavioral Medicine*, 57, S193. *Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
17. *Ugwoaba, U. A., *Brockmann, A. N., *Arroyo, K. M., *Swanson, T. N., *Barrett, K. L., Shankar, M. N., Marini, S., & **Ross, K. M.** (2023). Behavioral weight loss success: Android vs. iOS. *Annals of Behavioral Medicine*, 57, S201. *Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
18. *Barrett, K. L. *Ugwoaba, U. A., *Swanson, T. N., *Brockmann, A. N., *Arroyo, K. M., Shankar, M. N., & **Ross, K. M.** (2023). Association between alcohol consumption and weight loss in adults with obesity

completing a behavioral weight loss program. *Annals of Behavioral Medicine*, 57, S200. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.

19. *Swanson, T. N., *Brockmann, A. N., *Ugwoaba, U. A., *Arroyo, K. M., *Barrett, K. L., Shankar, M. N., & **Ross, K. M.** (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Annals of Behavioral Medicine*, 57, S318. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.
20. **Ross, K. M.**, *Carpenter, C. A. Identification of minimum thresholds for dietary self-monitoring to promote weight loss maintenance. (2022). *Annals of Behavioral Medicine*, 56, S90. Paper presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
21. *Brockmann, A. N., *Ugwoaba, U. A., *Arroyo, K., *Swanson, T., *Carpenter, C. A., Shankar, M. N., & **Ross, K. M.** (2022). Associations between change in motives for consuming palatable foods and weight change during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S118. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD. *OED SIG Top Trainee Flash Talk Award
22. *Arroyo, K., *Ugwoaba, U. A., *Brockmann, A. N., *Carpenter, C. A., Bauman, V., *Eastman, A., *Swanson, T., & **Ross, K. M.** Demographic characteristics do not predict individual benefit from self-monitoring during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S249. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
23. *Carpenter, C. A., *Arroyo, K., *Brockmann, A. N., *Ugwoaba, U. A., *Swanson, T., Shankar, M. N., & **Ross, K. M.** (2022). Health risk behaviors and weight loss outcomes for shift workers enrolled in a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S302. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
24. *Ugwoaba, U. A., *Carpenter, C. A., Bauman, V., *Brockmann, A. N., *Arroyo, K., *Swanson, T., Shankar, M. N., & **Ross, K. M.** (2022). Pretreatment weight change does not predict outcomes of a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S529. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
25. Hayes, J. F., Wing, R. R., Unick, J. L., & **Ross, K. M.** (2022). Getting back on track: Weight-related behaviors and psychological states associated with recovery from weight regain. *Annals of Behavioral Medicine*, 56, S298. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
26. Bauman, V., *Eastman, A., *Ugwoaba, U. A., *Brockmann, A. N., *Swanson, T., *Arroyo, K., **Ross, K. M.**, & Perri, M. G. (2022). Acceptability of an acceptance-based behavioral weight-loss intervention for adults living in rural areas. *Annals of Behavioral Medicine*, 56, S38. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
27. Hanvey, G. A., Cartagena, G., Dede, D. E., Krieger, J. L., **Ross, K. M.**, & Pereira, D.B. (2022). The role of social and economic marginalization in cancer clinical trial participation patterns: A systematic review. *Annals of Behavioral Medicine*, 56, S648. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
28. Hong, Y. R., Yadav, S. Suk, R., Lee, A., Newsome, F., Johnson-Mann, C., Cardel, M., & **Ross, K. M.** (2022). Lifestyle patterns after bariatric surgery: A population-based study of US adults. Poster presented at the 2022 Research Meeting of Academy Health, June 4-7, Washington, D.C.
29. *Arroyo, K., *Ugwoaba, U. A., *Brockmann, A. N., *Bauman, V., *Carpenter, C., *Eastman, A., *Scarlett, C. A., & **Ross, K. M.** (2021). Examining individual variability in days of self-monitoring and weight loss. *Annals of Behavioral Medicine*, 55, S197. Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).

30. *Dixon, B. N., Perri, M. G. & **Ross, K. M.** (2021). Race and income moderate associations between built environment and weight loss outcomes in rural adults with obesity. *Annals of Behavioral Medicine*, 55, S286. *Paper presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).*
31. *Carpenter, C., *Brockmann, A. N., *Dixon, B. N., *Eastman, A. E., *Scarlett, C. A., *Ugwoaba, U. A., & **Ross, K. M.** (2021). Change in objectively measured physical activity and sedentary behavior during a 6-month weight management program. *Annals of Behavioral Medicine*, 55, S97. *Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).*
32. *Scarlett, C. A., *Bauman, V., *Brockmann, A. N., *Ugwoaba, U. A., *Eastman, A., *Arroyo, K., *Carpenter, C., & **Ross, K. M.** (2021). Associations between changes in weight, fitness, and health-related QOL during and after a behavioral intervention for obesity. *Annals of Behavioral Medicine*, 55, S65. *Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).* *OED SIG Top Trainee Flash Talk Award
33. *Ugwoaba, U. A., *Carpenter, C., *Bauman, V., *Eastman, A. E., *Brockmann, A. N., *Scarlett, C. A., *Arroyo, K., & **Ross, K. M.** (2021). Development of a meal planning questionnaire: Preliminary validation and descriptive statistics. *Annals of Behavioral Medicine*, 55, S145. *Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).*
34. *Islam, S., Zucker, A., & **Ross, K.** (2020). The relationship between sexual minority stigma and psychological intimate partner violence among lesbian and bisexual women. *Paper presented at the 2020 American Public Health Association Annual Meeting and Expo (Virtual Meeting due to COVID-19).*
35. *Chhabria, K, **Ross, K.**, Sacco, S., & Leahey, T. M. (2020). Psychometric validation of a supportive accountability measure (SAM) in technology mediated treatment seeking obese adults. *Paper presented at the 2020 American Public Health Association Annual Meeting and Expo (Virtual Meeting due to COVID-19).*
36. *Islam, S., Zucker, A., & **Ross, K.** (2020). Psychological intimate partner violence and the influence of sexual minority stigma among lesbian and bisexual women. *Poster presented at the Society for Prevention Research 28th Annual Meeting, Washington, D.C. (presented virtually due to COVID-19).*
37. **Ross, K. M.** (2020). Lead us from temptation: The role of self-monitoring in promoting dietary adherence during and after a weight loss program. *Annals of Behavioral Medicine*, 54, S411. *Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
38. *Brockmann, A. B., *Eastman, A., *Dixon, B. N., *Ugwoaba, U., *Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G. & **Ross, K. M.** (2020). Consistency of self-weighing, rather than frequency, may be key for promoting weight loss maintenance. *Annals of Behavioral Medicine*, 54, S490. *Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
39. *Dixon, B. N., *Eastman, A., *Ugwoaba, U. A., *Brockmann, A., *Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2020). Does where you live matter? The built environment and intervention-related changes among rural adults with obesity. *Annals of Behavioral Medicine*, 54, S441. *Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).* *Meritorious Student Abstract Award.
40. *Eastman, A., Bauman, V., *Dixon, B.N., *Ugwoaba, U.A., *Brockmann, A.N., *Scarlett, C.A., Shankar, M.N., Perri, M.G., & **Ross, K.M.** (2020). Acceptance-based behavioral treatments for weight management: A systematic review. *Annals of Behavioral Medicine*, 54, S782. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).* *Meritorious Student Abstract Award.

41. *Ugwoaba, U. A., *Dixon, B. N., *Eastman, A., *Brockmann, A. N., *Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2020). Associations between impulsivity, implicit food attitudes, and behavioral weight management program outcomes. *Annals of Behavioral Medicine*, 54, S778. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
42. *Scarlett, C. A., Strosnider, C. L., Luong, J., Owen-Smith, A. A., **Ross, K. M.**, & Spears, C. A. (2020). Inclusion of minorities and low-SES individuals in mindfulness-based interventions for weight loss: A systematic review. *Annals of Behavioral Medicine*, 54, S621. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
43. *Parkman, T., *Bauman, V., *Apostolopoulos, A. N., Crispell, G., & **Ross, K. M.** (2020). Rural-urban weight-loss outcomes following bariatric surgery. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
44. Shankar, M.N., Bauman, V., *Brockmann, A.N., *Ugwoaba, U.A., *Scarlett, C.A., *Eastman, A., *Dixon, B.N., **Ross, K.M.**, & Perri, M.G. (2020). Extended care for obesity management: Effects of matching participants to their treatment preference for follow-up care. *Annals of Behavioral Medicine*, 54, S622. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
45. Bauman, V., Shankar, M. N., *Dixon B.N., *Ugwoaba, U.A., *Brockmann, A.N., *Eastman, A., *Scarlett, C.A., **Ross, K.M.**, & Perri, M.G. (2020). Behavioral weight-loss programs with extended care lead to long-term improvements in glycemic control. *Annals of Behavioral Medicine*, 54, S489. *Paper accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).*
46. **Ross, K. M.**, Demos, K. E., Lillis, J., & Wing, R. R. (2019). Food reward sensitivity, impulsivity, and weight change during and after a weight loss program. *Paper presented at the 2019 joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.*
47. **Ross, K. M.** (2019). Week-to-week predictors of weight loss and regain. *Annals of Behavioral Medicine*, 53, S154. *Paper presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
48. *Brockmann, A. N., *Eastman, A. J., *Dixon, B. N., *Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Annals of Behavioral Medicine*, 53, S223. *Paper presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C. *Obesity and Eating Disorders Special Interest Group Top Student Abstract Award.*
49. McVay, M., **Ross, K. M.**, & Cheong, J. W. (2019). Intervention factors affecting willingness to initiate weight gain prevention interventions. *Annals of Behavioral Medicine*, 53, S789. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
50. *Ugwoaba, U. A., *Eastman, A. J., *Dixon, B. N., *Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Annals of Behavioral Medicine*, 53, S630. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
51. *Dixon, B. N., *Eastman, A. J., *Ugwoaba, U. A., *Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Annals of Behavioral Medicine*, 53, S630. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
52. *Eastman, A. J., *Dixon, B. N., *Ugwoaba, U. A., *Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Impact of phone coaching on engagement with digital tools for self-monitoring caloric intake, weight, and physical activity. *Annals of Behavioral Medicine*, 53, S793. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*

53. Bauman, V., Gordon, E. L., Shankar, M. N., *Dixon, B., *Ugwoaba, U. A., *Eastman, A., Perri, M. G., **Ross, K. M.**, & *Brockmann, A. N. (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Annals of Behavioral Medicine*, 53, S41. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
54. Gordon, E. L., Bauman, V., Shankar, M. N., *Dixon, B. N., *Ugwoaba, U. A., *Brockmann, A. N., *Eastman, A. J., **Ross, K. M.**, & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Annals of Behavioral Medicine*, 53, S635. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
55. Shankar, M. N., Bauman, V., Durning, P. E., Gordon, E. L., *Dixon, B. N., *Eastman, A. J., *Brockmann, A. N., *Ugwoaba, U. A., **Ross, K. M.**, & Perri, M. G. (2019). Sensitivity of the Rapid Eating Assessment for Participants- Short version to change during behavioral weight-loss treatment. *Annals of Behavioral Medicine*, 53, S337. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
56. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., *Eastman, A., *Dixon, B. N., **Ross, K. M.**, & Perri, M. G. (2018). Eating patterns among adults with food addiction in a behavioral weight loss program. *Poster presented at the 2018 American Psychological Association Annual Convention, San Francisco, CA.*
57. **Ross, K. M.**, Lillis, J., & Wing, R. R. (2018). Reinforcement pathology: Association between inhibitory control, food reward sensitivity, and weight loss. *Annals of Behavioral Medicine*, 52, S587. *Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.*
58. *Eastman, A., *Dixon, B., Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Perri, M. G., & **Ross, K. M.** (2018). The association between perceived effort, importance, and self-weighing behavior. *Annals of Behavioral Medicine*, 52, S795. *Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.*
59. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., *Eastman, A., *Dixon, B., **Ross, K. M.**, & Perri, M. G. (2018). Effects of behavioral weight-loss treatment on food addiction symptoms and fruit intake among adults with obesity. *Annals of Behavioral Medicine*, 52, S89. *Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.*
60. *Bauman, V., Ariel-Donges, A. H., Gordon, E. L., *Dixon, B., *Eastman, A., **Ross, K. M.**, & Perri, M. G. (2018). Disparities in rural access to the National Diabetes Prevention Program for obesity treatment. *Annals of Behavioral Medicine*, 52, S306. *Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.*
61. *Dixon, B., Ariel-Donges, A. H., Gordon, E. L., *Eastman, A., Bauman, V., **Ross, K. M.**, & Perri, M. G. (2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Annals of Behavioral Medicine*, 52, S780. *Poster presented at the 2018 Society of Behavioral Medicine Meeting in New Orleans, LA.*
62. **Ross, K. M.**, Qiu, P., You, L., & Wing, R. R. (2017). Identification and characterization of the pattern of weight regain in adults. *Poster and oral presentation in the The Obesity Society Early Career Lightning Talks competition at the 2017 joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Washington, D.C.*
63. *Dixon, B. N., *Eastman, A., Gordon, E. L., Bauman, V., Ariel-Donges, A. H., Perri, M. G., & **Ross, K. M.** (2017). Social support, weight control strategies, and weight loss. *Poster presented at the 2017 annual meeting of the American Public Health Association, Atlanta, GA.*
64. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Sanchez, D., Rodriguez, A., Rai, O., McMillin, M., *Eastman, A., *Dixon, B., **Ross, K. M.**, & Perri, M. G. (2017). Characterizing the unique effects of Body Mass Index, disordered eating, and depressive symptoms on body image dissatisfaction in college-aged women. *Poster presented at the 2017 annual meeting of the American Public Health Association, Atlanta, GA.*

65. *Dixon, B. N., & **Ross, K. M.** (2017). A social-ecological perspective of the rural-urban obesity disparity in the United States. *Poster presented at the 2017 National Conference on Health Disparities, New Orleans, LA.*
66. Gordon, E. L., Bauman, V., Ariel-Donges, A. H., **Ross, K. M.**, & Perri, M. G. (2017). Effects of behavioral weight-loss treatment on symptoms of food addiction in adults with obesity. *Annals of Behavioral Medicine, 51*, S573. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
67. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., **Ross, K. M.**, & Perri, M. G. (2017). Effect of dose of behavioral obesity treatment on HBA1C in adults with prediabetes. *Annals of Behavioral Medicine, 51*, S1964. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
68. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., McMillin, M., Rai, O., Rodriguez, A., Sanchez, D., *Dixon, B., * Eastman, A., **Ross, K. M.**, & Perri, M. G. (2017). Body image dissatisfaction, depression, and disordered eating in college-aged women seeking a yoga intervention. *Annals of Behavioral Medicine, 51*, S1020. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
69. **Ross, K. M.**, Leahey, T. M., & Kiernan, M. (2016). Validation of a brief measure of leisure-time physical activity. *Annals of Behavioral Medicine, 50*, S95. *Paper presented at the 2016 Society of Behavioral Medicine Meeting, Washington, D.C.*
70. **Ross K. M.**, Fernandez D., Krol J., Williams S., & Wing, R. R. (2015). Impact of newer self-monitoring technology and interventionist contact on weight loss. *Poster presented at the 2015 annual meeting of The Obesity Society, Los Angeles, CA.*
71. *Tannenbaum M. L., **Ross K. M.**, Wing R. R. (2015). Frequency and variability of self-monitored weight and calories in Internet-based weight management program. *Diabetes, 64*, A215. *Poster presented at the 2015 American Diabetes Association meeting, Boston, MA.*
72. Leahey, T. M., Seiden, A., Rosen, J., **Middleton, K. R.** (2015). Weight loss: Is there really “an app for that?” *Annals of Behavioral Medicine, 49*, S168. *Paper presented at the 2015 Society of Behavioral Medicine Meeting, San Antonio, TX.*
73. **Middleton, K. R.**, Thomas, J. G., Seiden, B. A., Trautvetter J., & Wing, R. R. (2014). Sleep quality, duration, and chronotype in the National Weight Control Registry. *Poster presented at the 2014 meeting of The Obesity Society, Boston, MA.*
74. **Middleton, K. R.**, Thomas, J. G., & Wing, R. R. (2014). Recovery from weight regain: 5-year results from the National Weight Control Registry. *Annals of Behavioral Medicine, 47*, S173. *Paper presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia PA.*
75. Hoover, V. J., **Middleton, K. R.**, Medina, K., Lespinasse, D., Maurer, S., Minski, S., Alabduljabbar, M., von Castel-Roberts, K., & Perri, M. G. (2014). Dietary restraint and weight change in college women participating in a weight gain prevention program. *Annals of Behavioral Medicine, 47*, S115. *Poster presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.*
76. **Middleton, K. R.**, Hoover, V. J., & Perri, M. G. (2014). Increases in self-weighing associated with less weight gain in freshman college students. *Annals of Behavioral Medicine, 47*, S27. *Poster presented at the 2014 Society of Behavioral Medicine Meeting, Philadelphia, PA.*
77. Nackers, L. M., **Middleton, K. R.**, Anton, S. D. & Perri, M. G. (2013). The impact of 'small' versus 'large' reductions in caloric intake on reported levels of hunger, disinhibition, and restraint during lifestyle intervention for obesity. *Annals of Behavioral Medicine, 45*, S29. *Poster presented at the 2013 Society of Behavioral Medicine meeting, San Francisco, CA.*
78. **Middleton, K. R.**, Hoover, V. J., Mathews, A. E., Medina, K. E., Minski, S. A., Maurer, S. N., Lespinasse, D. M., Durda, H. N., White, J., Jung, J., & Perri, M. G. (2013). Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity. *Annals of*

Behavioral Medicine, 45, S28. Poster presented at the 2013 Society of Behavioral Medicine meeting, San Francisco, CA.

79. Peterson, N. D., **Ross Middleton, K. M.**, Milsom, V. A., & Perri, M. G. (2012). Self-monitoring for successful maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 43, S109. Poster presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA. *Citation Abstract Award
80. **Ross Middleton, K. M.**, Mathews, A. E., Minski, S. A., Maurer, S. N., & Perri, M. G. (2012). The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure. *Annals of Behavioral Medicine*, 43, S151. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA.
81. Nackers, L. M., **Ross, K. M.**, Dubyak, P. J., Durning, P. E., von Castel-Roberts, K. M., Daniels, M. J., Anton, S. D., & Perri, M. G. (2012). Improving lifestyle interventions for obesity: The effects of prescribing moderate versus mild caloric restriction goals on long-term weight loss maintenance. *Annals of Behavioral Medicine*, 43, S272. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA *Meritorious Student Abstract Award.
82. **Ross, K. M.**, & Perri, M. G. (2011). Availability and usability of web-based nutrition information for major chain restaurants. Poster presented at the 2011 annual meeting of the American Public Health Association, Washington, D.C.
83. Milsom, V. A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., Peterson, N. D., & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Annals of Behavioral Medicine*, 41, S86. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
84. Newell, K. E., **Ross, K. M.**, Nackers, L. M., Hoover, V. J., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Durning, P. E., & Perri, M. G. (2011). The effect of individual caloric variability on weight loss. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
85. Milsom, V. A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., DeBraganza, N., & Perri, M. G. (2011). Behavioral mastery and long-term maintenance of lost weight. *Annals of Behavioral Medicine*, 41, S175. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
86. **Ross, K. M.**, & Perri, M. G. (2011). The association between obesity and primary care utilization. *Annals of Behavioral Medicine*, 41, S99. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
87. **Ross, K. M.**, Mathews, A. E., Nackers, L. M., Hoover, V. J., Newell, K. E., Lespinasse, D. M., Minski, S. A., Maurer, S. N., Von Castel Roberts, K. M., & Perri, M. G. (2011). Weekday and weekend patterns of physical activity in older adults. *Annals of Behavioral Medicine*, 41, S34. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
88. Hoover, V. J., Nackers, L. M., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., Lespinasse, D. M., Maurer, S. M., Minski, S. A., Von Castel-Roberts, K. M., & Perri, M. G. (2011). Problem-solving deficits, negative affect, and the maintenance of binge eating behavior. *Annals of Behavioral Medicine*, 41, S102. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
89. Nackers, L. M., **Ross, K. M.**, Thomas, C. H., DeBraganza, N., André, R., Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., Bobroff, L. B., Mathews, A. E., & Perri, M. G. (2010). Family matters: The impact of children in the home on weight change in adults undergoing a weight management program. *Annals of Behavioral Medicine*, 39, S179. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.
90. Newell, K. E., Mathews, A. E., Nackers, L. M., **Ross, K. M.**, DeBraganza, N., André, R., Hoover, V. J., von Castel-Roberts, K. M., Thomas, C. H., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., & Perri, M.

- G. (2010). Impact of a post-treatment campaign on weight change following obesity treatment. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
91. Nackers, L. M., DeBraganza, N., André, R., **Ross, K. M.**, Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Perri, M. G. (2010). Improvements in LDL cholesterol associated with lifestyle intervention treatment for obesity. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
 92. Hoover, V. J., DeBraganza, N., Nackers, L. M., André, R., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Primary motives for weight loss in older, obese women from rural communities. *Annals of Behavioral Medicine*, 39, S91. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
 93. DeBraganza, N., Milsom, V. A., Nackers, L. M., **Ross, K. M.**, André, R., Hoover, V. J., Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Self-monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, S22. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
 94. **Ross, K. M.**, Mathews, A. E., Milsom, V. A., DeBraganza, N., André, R., Nackers, L. M., Hoover, V. J., Newell, K. E., Foss, S. M., von Castel-Roberts, K. M., & Perri, M. G. (2010). How accurate are self-report measures of physical activity in rural obese adults? *Annals of Behavioral Medicine*, 39, S62. *Paper presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
 95. Nackers, L. M., Milsom, V. A., André, R., **Ross, K. M.**, Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Stepping up for success: the impact of initial increase in physical activity on long-term change in physical activity. *Annals of Behavioral Medicine*, 37, S157. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
 96. Hoover, V. H., **Ross, K. M.**, Milsom, V. A., Nackers, L. M., André, R., Buhi, L. A., & Perri, M. G. (2009). Influence of weight-loss expectations on changes in caloric intake, physical activity and body weight. *Annals of Behavioral Medicine*, 37, S123. *Poster presented at the 2009 Society of Behavioral Medicine meeting, Montréal, Quebec.*
 97. Buhi, L. A., **Ross, K. M.**, Milsom, V. A., Hoover, V. J., Nackers, L. M., André, R., Durning, P. E., & Perri, M. G. (2009). Effect of lifestyle treatment for obesity on risk for heart disease. *Annals of Behavioral Medicine*, 37, S123. *Paper presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
 98. **Ross, K. M.**, Milsom, V. A., André, R., Nackers, L. M., Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Self-reported caloric intake and weight loss: Predictive validity of food records and the Block Food Frequency Questionnaire. *Annals of Behavioral Medicine*, 37, S206. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
 99. Nackers, L. M., André, R., **Ross, K. M.**, Ewigman, N. L., Milsom, V. A., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). The impact of rate of initial weight loss on long-term success. *Annals of Behavioral Medicine*, 35, S109. *Paper presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*
*Meritorious student paper award
 100. Milsom, V. A., **Ross, K. M.**, Murawski, M. E., DeBraganza, N., Nackers, L. M., André, R., Ewigman, N. L., Onkala, A. L., Durning, P. E., & Perri, M. G. (2008). Problem solving, treatment adherence, and weight loss outcome. *Annals of Behavioral Medicine*, 35, S62. *Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*
 101. **Ross, K. M.**, Ewigman, N. L., Nackers, L. M., Milsom, V. A., André, R., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). Of fitness and fatness: The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Annals of Behavioral Medicine*, 35, S154. *Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*

Local

1. Chang, Y., Reichelson, L., Hicks, S., Yoder, I., Stone, A., Jake-Schoffman, D., **Ross, K. M.**, & Yoo, T. (2024). Development of HealthyGatorSportFan: A Just-in-Time Adaptive Intervention (JITAI) for Promoting Healthier Behaviors Based on Real-Time Sport Performance. *Poster presented at the 2024 University of Florida College of Health and Human Performance AI Day, Gainesville, FL.*
2. *Swanson, T. N., *Brockmann, A. N., *Ugwoaba, U. A., *Arroyo, K. M., *Barrett, K. L., Shankar, M. N., & **Ross, K. M.** (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Poster presented at the 2023 UF Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase, Gainesville, FL.*
3. *Dixon, B. N., *Eastman, A. J., *Ugwoaba, U. A., *Brockmann, A. N., Gordon, E. K., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
4. *Eastman, A. J., *Dixon, B. N., *Ugwoaba, U. A., *Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Impact of phone coaching on engagement with digital tools for self-monitoring caloric intake, weight, and physical activity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
5. *Brockmann, A. N., *Eastman, A. J., *Dixon, B. N., *Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
6. *Ugwoaba, U. A., *Eastman, A. J., *Dixon, B. N., *Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
7. *Apostolopoulos, A. N., *Bauman, V., Hasse, G., & **Ross, K. M.** (2019). Post-operative weight loss variations between patients from rural and urban communities who have undergone bariatric surgery. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
8. Bauman, V., Gordon, E. L., Shankar, M. N., *Dixon, B. N., *Ugwoaba, U. A., *Eastman, A., Perri, M. G., **Ross, K. M.**, & Brockmann, A. N. (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
9. Gordon, E. L., Bauman, V., Shankar, M. N., *Dixon, B. N., *Ugwoaba, U. A., *Brockmann, A. N., *Eastman, A. J., **Ross, K. M.**, & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
10. *Dixon, B. N., & **Ross, K. M.** (2018). A social-ecological understanding of rural-urban obesity disparities. *Paper presented at the 2018 McKnight Mid-Year Research and Writing Conference, Tampa, FL.*
11. *Dixon, B., Ariel-Donges, A. H., Gordon, E. L., *Eastman, A., Bauman, V., **Ross, K. M.**, & Perri, M. G. (2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*

12. *Myers, A., Stetten, N., **Ross, K. M.**, Ojeda, A., Hart, M. (2018). Perceptions of medical marijuana usage in Florida as seen through social media. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
13. *Eastman, A., *Dixon, B. N., Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Perri, M. G., & **Ross, K. M.** (2018). Staying on track: The association between perceived effort, importance, and self-weighing behavior. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
14. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., *Dixon, B. N., **Ross, K. M.**, & Perri, M. G. (2018). Fruit consumption and weight loss associated with reduced food addiction symptoms among adults with obesity in a behavioral weight loss program. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
15. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., **Ross, K. M.**, & Perri, M. G. (2017). Effect of dose of behavioral obesity treatment on HbA1c in adults with prediabetes. *Poster presented at the 2017 College of Public Health and Health Professions Research Day, Gainesville, FL. *Top Abstract Award*

Conference Symposia

National/International

1. *Carpenter, C. A., **Ross, K. M.**, Krukowski, R. A., West, D., & Burke, L. E. (2022). Not too burdensome, not too expensive, just right: Balancing burden and effectiveness of self-monitoring for weight management. *Annals of Behavioral Medicine*, 56, S90. *Symposium presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.*
2. **Ross, K.M.**, Steinberg, D. M., Krukowski, R. A., Bennett, G. G. (2020). Tracking for success: Predictors and mechanisms of self-monitoring for diet and physical activity in behavioral interventions. *Annals of Behavioral Medicine*, 54, S411. *Symposium accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, C.A. (Conference canceled due to COVID-19).*
3. Arigo, D., **Ross, K. M.**, Thomas, G., & Crochiere, R. J. (2019). Measuring proximal factors associated with change in weight-related behaviors using advanced technology. *Annals of Behavioral Medicine*, 53, S153. *Symposium presented at the 2019 Society of Behavioral Medicine Meeting, Washington, D.C.*
4. Kozak, A. T., Buscemi, J., Hawkins, M., Wang, M., Breland, J., **Ross, K. M.**, Kommu, A. (2017). Current RCT evidence and future directions for technology-based weight management among adults. *Annals of Behavioral Medicine*, 51, S1578. *Symposium presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
5. **Ross, K. M.**, Buman, M. P., Zoellner, J. M., Kiernan, M., & Perri, M. G. (2016). A brief single-item physical activity measure: Performance across diverse research settings and health outcomes. *Annals of Behavioral Medicine*, 50, S94. *Symposium presented at the 2016 Society of Behavioral Medicine Meeting, Washington, D.C.*

Invited Presentations

National

1. **Ross, K. M.**, & Ingersoll, K. S. (2025). Active ingredients of long-term behavior maintenance: Exemplar Interventions. *NIH OBSSR and NIH Adherence Research Network an Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance, Workshop #5, Virtual Workshop (moved from Washington, D.C. due to NIH travel restrictions), May 5, 2025.*

2. **Ross, K. M.** (2024). Using newer technologies to expand the reach and effectiveness of behavioral interventions. *Department of Public Health Sciences, University of Virginia, Charlottesville, VA, June 25, 2024.*
3. **Ross, K. M.** (2023). Intervention in Weight Loss Maintenance: Development of an *ADAPTIVE* Intervention for Weight Loss Maintenance. *NIH OBSSR and NIH Adherence Research Network An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance, Workshop #3: Interventions for Behavior Maintenance, Virtual Workshop, September 22, 2023.*
4. **Ross, K. M.** (2023). Emerging opportunities in obesity research. *National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, May 25, 2023.*
5. **Ross, K.M.** (2023). Telehealth delivery of behavioral intervention for obesity: Challenges and opportunities. *Keynote Presentation at the University of Georgia 3rd Annual Obesity Initiative Research Symposium, Athens, GA, February 10, 2022.*
6. **Ross, K. M.** (2021). Changing course midstream: Adapting an in-person behavioral weight management program for remote delivery during the COVID-19 pandemic. *TecHealth Tech Tuesday Seminar Series. University of South Carolina, Columbia, SC.*
7. **Ross, K. M.** (2020). Integrating newer technologies into weight loss management. *Annual Meeting of the Florida Academy of Nutrition and Dietetics, Ft. Lauderdale, FL (virtual meeting due to COVID-19).*

Local/University

1. **Ross, K. M.** (2024). Using wearables, smartphone apps, and artificial intelligence to develop individually- and contextually-adaptable health behavior interventions. *Digital Epidemiology Symposium, Department of Epidemiology University of Florida, Gainesville, FL.*
2. **Ross, K. M.** (2024). Optimizing self-monitoring feedback for the treatment of obesity. *PHP Days Research Innovation Fund Session, University of Florida, Gainesville, FL.*
3. **Ross, K.M.** (2022). Leveraging technology to improve access to behavioral interventions for obesity. *UF Diabetes Institute World Diabetes Day Seminar. University of Florida, Gainesville, FL.*
4. **Ross, K.M.** (2019). Identifying and characterizing high-risk periods for weight regain after initial weight loss. *Center for Integrative Cardiovascular and Metabolic Diseases Seminar Series. University of Florida, Gainesville, FL*
5. **Ross, K. M.** (2018). Using new technologies to improve the reach and effectiveness of obesity treatment. *Community and Behavioral Science Seminar Series, Department of Health Education and Behavior, University of Florida, Gainesville, FL.*
6. **Ross, K. M.** (2018). How to lose weight and keep it off. *Oral presentation delivered as part of the UF Wellness Wednesdays Seminar Series, Gainesville, FL.*

Invited Workshops

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| 2025 | Invited Workshop Participant, <i>An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance. Workshop 5: Integrating Evidence for Behavior Maintenance Processes.</i> Hosted by the Office of Behavioral and Social Sciences Research (OBSSR) and the Adherence Research Network at the National Institutes of Health (NIH), May 5 th – 6 th , 2025 |
| 2023 | Invited Workshop Participant, <i>An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance. Workshop 1: Conceptualization of Behavior Maintenance.</i> |

Hosted by the Office of Behavioral and Social Sciences Research (OBSSR) and the Adherence Research Network at the National Institutes of Health (NIH), March 29th – 30th, 2023

2019 Invited Summit Participant, *Sixth Annual National Obesity Collaborative Care Summit*, Hosted by the American Society for Metabolic and Bariatric Surgery, September 13th – 14th, 2019, Chicago, IL.

Invited Paper Session/Symposium Chair

National/International

1. **Ross, K.M.**, & McVay, M. (2020). Paper Session 36: Predictors of Weight Loss Success. *Paper session accepted at the 2020 Society of Behavioral Medicine meeting, San Francisco, C.A.* (Conference canceled due to COVID-19).
2. Gillen, J. B., Bergouignan, A., Jakicic, J. M., & **Ross, K. M.** (2019). Taking a HIIT or sweating the small stuff: Tools to create changes in patients' physical activity. *Symposium presented at the 2019 joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.*

Invited Panels

National

1. "Finding the sweet spot -- Integrating work, life, and family in academia." *Panel presented at the 2024 Society of Behavioral Medicine annual meeting, March 13-16, Philadelphia, PA.*
2. "Best practices for using wearables." *Panel presented at the Nov 19, 2019 meeting of the Behavioral Informatics and Technology Special Interest Group (BIT SIG) of the Society of Behavioral Medicine.*

Local

1. "Friday Forum: Cultural Competence Panel on Science Communication." *Panel presented on April 12, 2024, Department of Clinical Psychology, University of Florida, Gainesville, FL.*
2. "Med/Health Career Trajectories." *Panel presented in October 2018, Department of Clinical Psychology, University of Florida, Gainesville, FL.*
3. "Psychosocial Considerations of Working with the LGB Population." *Panel presented in April 2017, Department of Clinical Psychology, University of Florida, Gainesville, FL.*

TEACHING

Courses

Course Name	Year(s) Taught
PHC6700: Social & Behavioral Research Methods (graduate level)	Spring 2020, Summer 2020, Spring 2023, Spring 2024, Summer 2024, Spring 2025
PHC7587: Theory Development and Testing in Behavioral & Community Public Health (graduate level)	Spring 2019, Summer 2021, Summer 2023

PHC6410: Psychological, Behavioral, and Social Issues in Public Health (graduate level)	Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018
PHC6405: Theoretical Foundations of Public Health (graduate level)	Summer 2017, Summer 2018, Summer 2019
CLP4314: Introduction to Health Psychology (undergraduate level)	Spring 2010

Guest Lectures

2017 - 2022 (yearly)	CLP7934 Behavioral Health and Illness: <i>Obesity and Behavioral Weight Management</i> . Department of Clinical & Health Psychology, University of Florida
2020	CLP7317 Advanced Health Psychology and Behavioral Medicine: <i>Evidence-based Interventions for Weight Management</i> . Department of Clinical & Health Psychology, University of Florida
2016, 2019	HSC2000 Introduction to Health Professions: <i>Career Paths in Clinical and Health Psychology</i> . College of Public Health and Health Professions, University of Florida
2019	PHHP Teaching Excellence Program. <i>Classroom Communication</i> . College of Public Health & Health Professions, University of Florida
2018	PHC2100 Introduction to Public Health: <i>The Obesity Epidemic</i> . College of Public Health & Health Professions, University of Florida

Seminars

2025	Department of Clinical Psychology Friday Forum: <i>Creating and Sustaining Effective Writing Groups</i> . Department of Clinical & Health Psychology, University of Florida
2019	Clinical Psychology Med/Health Seminar. <i>Evidence-Based Weight Management Treatment</i> . Department of Clinical & Health Psychology, University of Florida
2014	Clinical Psychology Training Consortium, Behavioral Medicine Psychology Intern Seminar: <i>The Obesity Epidemic and Lifestyle Weight Management</i> . Department of Psychiatry & Human Behavior, Brown Medical School
2014	Cardiovascular Behavioral Medicine T32 Seminar: <i>Prevention and Treatment of Obesity</i> . Department of Psychiatry & Human Behavior, Brown Medical School
2013 - 2014	Clinical Psychology Training Consortium, Psychology Intern Core Seminar: <i>Preparing and Obtaining an F32 Award</i> . Department of Psychiatry & Human Behavior, Brown Medical School

ADVISING

Doctoral Chair

Student Name	Degree	Area	Dissertation Title	Date
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				Completed
Worwag, Kate (co-chair)	Ph.D.	Clinical Psychology	Patterns of Ultra-Processed Food Intake During a Comprehensive Behavioral Weight Loss Intervention: An AI-Driven Approach	2029 (anticipated)
Swanson, Taylor	Ph.D.	Clinical Psychology	Understanding the Roles of Sleep Duration, Caloric Intake, and Physical Activity in Long-Term Weight Loss Maintenance	2026 (anticipated)
Arroyo, Kelsey	Ph.D.	Clinical Psychology	A Delphi Study to Develop Expert Consensus on the Delivery of Psychological Follow-Up Care Post-Bariatric Surgery	2025
Brockmann, Andrea	Ph.D.	Clinical Psychology	Temporal Patterns of Dietary Self-Monitoring in Adults with Obesity Enrolled in a Behavioral Weight Management Program	2024
Ugwoaba, Umelo	Ph.D.	Clinical Psychology	Development and Validation of a Meal Planning Questionnaire for Adults with Obesity Involved in Behavioral Weight Loss Treatment	2024
Eastman, Abraham	Ph.D.	Clinical Psychology	Pilot Study Examining the Effectiveness of a Rural Adapted Acceptance-Based Behavioral Treatment for Obesity	2022
Dixon, Brittney	Ph.D.	Public Health	Association between Built Environment and Weight Loss Outcomes in Rural Adults with Obesity	2020
Islam, Sabrina	Ph.D.	Public Health	Evaluating the Relationship between Sexual Minority Stigma and Attitudes of Tolerance Toward Psychological Intimate Partner Violence among Lesbian and Bisexual Women	2019

Doctoral Committee Member

Student Name	Degree	Area	Dissertation Title	Degree Date
Tian, Zibo	Ph.D.	Biostatistics	Some Contributions to Semi-Parametric Modeling of Longitudinal Data and Online Risk Monitoring of Multiple Diseases	2025 (anticipated)

Chen, Yu-Peng	Ph.D.	Computer Science	Exploring the Design of a Human-Centered Digital Health Tool Incorporating an AI-Powered Virtual Assistant to Reduce Interventionists' Workload in a Behavioral Weight Loss Program	2025 (anticipated)
Scotti, Kellie	Ph.D.	Health Education & Behavior	Understanding Social Undermining of Weight Management Behaviors in Young Adult African American Women	2024
Amofa, Priscilla	Ph.D.	Clinical Psychology	The Use of Composite-Based Structural Equation Modeling to Assess the Interplay Between Composite Social Determinants of Health, Cognition, Vascular Burden, and Everyday Functioning Among a Racially Diverse Adult Population	2024
Gonzalez-Louis, Rachel	Ph.D.	Clinical Psychology	Effects of Current and Early Childhood Experiences of Food Insecurity on Parent Feeding Behaviors: A Mixed-Methods Approach	2024
Hanvey, Grace	Ph.D.	Clinical Psychology	Investigating Inequities in Cancer Clinical Trial Participation: A Mixed-Methods Approach to Understanding Demographic, Socioeconomic, and Health-Related Determinants of Behavioral Cancer Research Participation	2024
Koskela-Staples, Natalie	Ph.D.	Clinical Psychology	Impact of Parent-Child Communication Patterns on Pediatric Asthma Outcomes: A Mixed Methods Study	2024
Yi, Fan	Ph.D.	Biostatistics	Online Monitoring of Image Sequences	2023
Pinto, Stefania	Ph.D.	Clinical Psychology	Patterns of Body Image in Latinx College Students: A Latent Profile Analysis	2022
Bauman, Vivian	Ph.D.	Clinical Psychology	Acceptability of an Acceptance-Based Behavioral Weight-Loss Intervention for Adults in Rural Areas	2022
Rotblatt, Lindsay	Ph.D.	Clinical Psychology	Cognitive Aging Trajectories: Cardiovascular Risk, White Matter, and Medication Predictors	2022
Wiggins, Margaret	Ph.D.	Clinical Psychology	Digital Cognitive Screeners in a Urological Perioperative Environment Examining How Surgery and Anesthesia Impact Cognition in Older Adults	2022

			Undergoing Surgery	
Gaynor, Leslie	Ph.D.	Clinical Psychology	Examining a Novel Translational Cognitive Biomarker of Alzheimer's Disease and Its Association with Brain Biomarkers of Early Disease Progression	2021
You, Lu	Ph.D.	Biostatistics	Disease Screening by Online Risk Monitoring	2020
OShea, Deidre	Ph.D.	Clinical Psychology	Prediction of Response to Behavioral Interventions with MRI-based Biomarkers in Mild Cognitive Impairment	2020
Warnick, Jenny	Ph.D.	Clinical Psychology	An Experimental Manipulation Evaluating the Impact of Distress on Parental-Feeding Practices	2020

Masters Chair

Student Name	Degree	Area	Thesis Title	Date Completed
Shetty, Armaan	M.S.	Psychology	Economic Investment and Weight Loss in a Behavioral Weight Management Clinical Trial	2025
Barrett, Kelsey	M.S.	Psychology	Associations Between Social Support and Weight Change in Rural Adults During and After a Behavioral Weight Management Program	2024
Groshon, Laurie (co-chair)	M.S.	Psychology	Longitudinal Associations of Binge Eating with Internalized Weight Stigma and Eating Self-Efficacy	2023
Swanson, Taylor	M.S.	Psychology	Associations Between Chronotype and Weight Loss During a Weight Loss Intervention	2023
Scarlett, Charlayne	M.S.	Psychology	The Associations Between Weight Loss, Physical Fitness, and Health-Related Quality of Life During and After a Behavioral Weight Loss Intervention for Obesity	2021
Ugwoaba, Umelo	M.S.	Psychology	Association Between Hunger, Temptation, and Making Eating Choices Consistent with Weight Loss	2020
Eastman, Abraham	M.S.	Psychology	The Association Between Perceived Effort, Relative Importance, and Self-Weighing During a 12-Week Behavioral	2018

			Weight Management Program	
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Masters Committee Member

Student Name	Degree	Area	Thesis Title	Date Completed
Gonzalez, Lecsy	M.S.	Psychology	Perceptions of Health Conditions and Interventions Among Public Health Students	2025
Hill, Kylie	M.S.	Psychology	Caregiver Stress in the Context of Pediatric Asthma: Associations with Parent-Child Communication Patterns and Youth Quality of Life	2024
Sheynblyum, Miriam	M.S.	Psychology	Longitudinal Associations Between Internalized Weight Stigma, Physical Activity, and Weight Loss	2024
Clement, Alex	M.S.	Psychology	Feasibility and Acceptability of the MobileCoach-Teen Smartphone-App Based Intervention for Risky Drinking Behavior in Older Adolescents	2023
Gonzalez-Louis, Rachel	M.S.	Psychology	An Evaluation of the Moderation Effect of Distress on Parental Feeding Practices	2021
Schlichtmann, Karleen	M.A.	Women's Studies	The Forgotten Patient: An Autoethnography of a Black Woman's Experience Navigating the U.S. Healthcare System	2019
Bauman, Vivian	M.S.	Psychology	Effect of Dose of Behavioral Obesity Treatment on HbA1c in Adults with Prediabetes	2018
Kirsch, Janae L	M.S.	Psychology	Sleep Latency and Vascular Endothelial Growth Factor in Long-Term Endometrial Cancer Survival	2018
Padron, Adaixa	M.S.	Psychology	Dyadic Relationships Among Sense of Mastery, Cancer-Related Distress, and Salivary Cortisol in Patients and Caregivers Impacted by Advanced Abdominal and Pelvic Malignancies	2018
Wiggins, Margaret	M.S.	Psychology	Leukoaraiosis in Non-Demented Older Adults	2018

MPH Chair

Student Name	Degree	Area	Special Project Title	Date Completed
Palmer, Emily	M.P.H.	Social and Behavioral Sciences	Improving Mental Health Outcomes for Cancer Patients: A Narrative Review of Barriers to Accessing Care for Anxiety and Depression	2025
Amitrano, Melissa	M.P.H.	Social and Behavioral Sciences	Tracking for a Healthier Heart: Wearable Technology & CVD Prevention	2025
Garcia, Hillary	M.P.H.	Social and Behavioral Sciences	Development and Evaluation of a Patient Education Handout for CLABSI Prevention in Adult Oncology Patients	2025
Gerofsky, Emily	M.P.H.	Social and Behavioral Sciences	Positive Influence: A Training Program for Online Creators to Increase the Communication of Evidence-Based Nutrition Information Online	2024
Queiroz, Dayana	M.P.H.	Social and Behavioral Sciences	A Trauma-Informed Nutrition Education and Food Prescription Program for Families in Long Beach, CA	2024
McClendon, Sydnie	M.P.H.	Social and Behavioral Sciences	Methadone Clinic Establishment: Are Communities Willing to Welcome a Unique Approach to OUD?	2023
Gracy, Anne	M.P.H.	Social and Behavioral Sciences	Provider Perspectives of Barriers to Mental Health Care Among People Living with HIV in Rural Florida	2023
Chance, Sarah	M.P.H.	Social and Behavioral Sciences	Association Between Childhood Food Insecurity and Type 2 Diabetes	2023
Jones, Emily	M.P.H.	Social and Behavioral Sciences	Intimate Partner Violence Awareness and Education Intervention in Alachua County Public High Schools	2023
Paniagua, Victoria	M.P.H.	Social and Behavioral Sciences	Area 3/13 2022 HIV Prevention Needs Assessment	2022
Adaralegbe, Adejadesole	M.P.H.	Social and Behavioral Sciences	Social Experiences of Black Mothers Living with HIV in the United States	2022
Pierre, Jeanasia	M.P.H.	Social and Behavioral Sciences	Social Determinants and Health Status of Migrant Farmworkers	2021
Freeman, Courtney	M.P.H.	Social and	North Carolina Functional Assessment	2021

		Behavioral Sciences	Support Teams (FAST) Program Evaluation	
Hechavarria, Melanie	M.P.H.	Social and Behavioral Sciences	Distance Learning Adjustment Guide: Navigating Higher Education in a Global Health Crisis	2021
Macias, Bianca	M.P.H.	Social and Behavioral Sciences	THRIVE: Text-Based Health Resource Intervention for Virtual Empowerment	2021
Weeks, Courtney	M.P.H.	Social and Behavioral Sciences	The Development and Implementation of a Patient Satisfaction Survey	2020
Tyler, Lyndsay	M.P.H.	Social and Behavioral Sciences	Faculty and Student Perceptions of Sexual Health Education: A Needs Assessment of the Genesee Intermediate School District	2019
Tunga-Lergo, Hannatu	M.P.H.	Social and Behavioral Sciences	Developing a Community Engaged Sickle Cell Disease Center: An Initial Data Analysis of Healthcare Utilization Rates and Perspectives of Key Informants	2019
Blair, Samari	M.P.H.	Social and Behavioral Sciences	Assessing the Perceptions of Text-Based Psychotherapy among Graduate Students at the University of Florida	2019
Cruz, Nicole	M.P.H.	Social and Behavioral Sciences	Developing a Financial Wellness Program for GatorWell Health Promotion Services	2019
Cruz, Zamyrah	M.P.H.	Social and Behavioral Sciences	Identifying the Variables Related to Patient Satisfaction within the VA Emergency Department	2019
Lowe, Krystal	M.P.H.	Social and Behavioral Sciences	Perceptions and Awareness of Opioids on Twitter	2019
Myers, Allison	M.P.H.	Social and Behavioral Sciences	Perceptions of Medical Marijuana Usage in Florida as Seen Through Social Media	2018

Undergraduate Honors Thesis Chair

Student Name	Degree	Area	Thesis Title	Degree Date
Gracy, Abigail	B.P.H.	Public Health	Exploring Changes in the Palatable Eating Motives Scale During a Behavioral Weight Loss Intervention	2022

Apostolopoulos, Andreana	B.P.H.	Public Health	Post-Operative Weight Loss Variations Between Patients from Rural and Urban Communities Who Have Undergone Bariatric Surgery	2019
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SERVICE

National

- 2025 - present Data and Safety Monitoring Officer, NIH grant R01DK137092, "A hybrid effectiveness/ implementation trial using online tools to increase weight loss among primary care patients, MPIs: Jake-Schoffman, DE, & Mcvay, MA
- 2024 - present Data and Safety Monitoring Officer, NIH grant R01DK137998, "An integrated lifestyle intervention to promote cardiometabolic health among emerging adult women," PI: LaRose, JG
- 2022 - present Data and Safety Monitoring Officer, NIH grant R01DK132386, "Optimizing a couples-based mHealth intervention for weight management," MPIs: Gorin, AA & Tate, DF
- 2021 - 2023 Member, Special Interest Group (SIG) Renewals Committee, Society of Behavioral Medicine
- 2021 Member, Technical Expert Panel (TEP), Interventions to Improve Long-Term Adherence to Physical Rehabilitation, Department of Veterans Affairs Quality Enhancement Research Initiative (VA QUERI)
- 2018 - 2022 Co-Chair (2018-2020), Chair (2020-2021), past-Chair (2021-2022), Obesity and Eating Disorder Special Interest Group (SIG), Society of Behavioral Medicine

University/College/Department

- 2023 - 2025 Scientific Reviewer, College of Public Health & Health Professions Office of Research Grant Feedback Program
- 2022 - 2025 Scientific Reviewer, Research Opportunity Seed Fund, College of Public Health & Health Professions, University of Florida
- 2022 - 2025 Member, Research Committee, College of Public Health & Health Professions, University of Florida
- 2017 - 2025 Scientific Reviewer, College of Public Health & Health Professions Research Day
- 2023 - 2024 Scientific Reviewer, Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase
- 2017 - 2024 Member, Education and Advocacy Committee, later renamed Cultural Competence Committee, Department of Clinical & Health Psychology, University of Florida (Committee Dissolved in 2024)
- 2016 - 2022 Member, Research Committee, Department of Clinical & Health Psychology, University of Florida
- 2017 - 2023 Member, Graduate Admissions Committee, Department of Clinical & Health Psychology, University of Florida

2019 - 2022	Member, Financial Aid and Scholarship Committee, College of Public Health and Health Professions, University of Florida
2015 - 2016	Member, Women in Psychology Steering Committee, Department of Psychiatry and Human Behavior, Brown Medical School
2013 - 2016	Member, Technology Committee, Department of Psychiatry and Human Behavior, Brown Medical School

Peer-Review

2019 - present	Invited Abstract Reviewer, The Obesity Society annual meeting
2014 - present	Invited Abstract Reviewer, Society of Behavioral Medicine annual meeting
2024	Grant Reviewer, ZRG1 BP-A Small Business Special Emphasis Panel: Clinical Care, Behavioral Processes and Health Interventions, National Institutes of Health (November 2024)
2022, 2024	Grant Reviewer, ZRG1 F16-L Fellowships: Clinical Care and Health Interventions Study Section, National Institutes of Health (March 2024, October 2022)
2024	External Grant Reviewer, NIH CTSA External Reviewers Exchange Consortium, Institute of Clinical & Translational Sciences, University of California, Irvine
2024	Grant Reviewer, SBIR/STTR program, National Science Foundation (Spring 2024)
2023	Grant Reviewer, ZRG1 CCHI-J10 Small Business SBIR/STTR: Disease Management, Risk Prevention, and Health Behavior Change Study Section, National Institutes of Health (November 2023)
2020, 2021, 2023	Grant Reviewer, ZRG1 HSS-10 Small Business: Health Services and Systems (Previously RPHB-Z(10) SBIR/STTR) Study Section, National Institutes of Health (March 2023, November 2021, November 2020, March 2020)
2021	External NIH Grant Reviewer, Stanford University

Ad-hoc Manuscript Reviews

American Journal of Preventive Medicine
Annals of Behavioral Medicine
Annals of Nutrition and Metabolism
Appetite
Applied Psychology: Health and Well-Being
BMC Public Health
BMC Geriatrics
BMJ Public Health
Clinical Nutrition
Clinical Obesity
Clinical Psychology Review
Computer Methods and Programs in Biomedicine
Contemporary Clinical Trials
Current Obesity Reports

Eating Behaviors
Health Psychology
Health Psychology and Behavioral Medicine
International Journal of Obesity
JAMA Internal Medicine
JAMA Network Open
Journal of the Academy of Nutrition and Dietetics
Journal of Contextual Behavioral Science
Journal of Eating Disorders
Journal of Medical Internet Research
JMIR Formative Research
JMIR mHealth and uHealth
JMIR Research Protocols
Journal of the Academy of Nutrition and Dietetics
Obesity
Obesity Reviews
Obesity Science & Practice
PLOS Medicine
Preventive Medicine
Scientific Reports
Translational Behavioral Medicine
Translational Issues in Psychological Science

OTHER

Professional Society Memberships

2023 - present	International Society for Behavioral Nutrition and Physical Activity (ISBNPA)
2022 - present	American Association for the Advancement of Science (AAAS)
2020 - present	Society for the Teaching of Psychology
2018 - present	Society for Health Psychology
2012 - present	The Obesity Society (TOS)
2011 - present	American Public Health Association (APHA)
2007 - present	American Psychological Association (APA)
2007 - present	Society for Behavioral Medicine (SBM)

Related Professional Experience

2020	Behavioral Specialist / Health Educator Consultant, COVID-19 Response, Florida Department of Health
2015 - 2016	Consultant, Butler Hospital & Department of Neuroscience, Brown University, Providence, RI

2011	Biostatistics Intern, Alachua County Health Department, Gainesville, FL
2005 - 2007	Statistical Analyst, Division of WIC and Family Nutrition Services, Virginia Department of Health, Richmond, VA

Additional Training

2023	Mid-Career Leadership Institute, Society of Behavioral Medicine, Phoenix, AZ
2021	Certificate in Multicultural Mentoring, University of Florida, Gainesville, FL
2019	Mathematical Sciences in Obesity Short Course, Baltimore, MD
2019	Faculty Success Program, National Center for Faculty Development & Diversity
2018	Write to Change the World!, The Op-Ed Project, Washington, DC
2018	Master Mentor Program, Clinical and Translational Science Institute (CTSI) Mentor Academy, University of Florida, Gainesville, FL
2015	Summer Institute on Randomized Behavioral Clinical Trials, Office of Behavioral and Social Sciences Research and the National Heart, Lung and Blood Institute, National Institutes of Health, Warrenton, VA
2014	Applied Methods of Cost-Effectiveness Analysis, Health Economics Research Centre, Nuffield Department of Population Health, St. Catherine's College, University of Oxford, Oxford, UK

Media Coverage

AARP Bulletin
Business Insider
ConcienHealth
The Gainesville Sun
Hattiesburg American
Healio Endocrine Today
HealthDay
Medium
MPR
MSN Lifestyle
The New York Times
Orlando Sentinel
Philadelphia Inquirer
The Providence Journal
Reader's Digest
Real Simple Magazine
Self Magazine
Shape Magazine
Spark People
USNews & World Report
Women's Day Magazine
WebMD
WW Healthy Living